


#CleanUpTheMess

Mark Pew
Senior Vice President, Product Development & Marketing





The Epidemic

- The genesis
 - Under-treating pain, Purdue Pharma, Fifth Vital Sign, Press-Gainey
 - <https://www.ama-assn.org/delivering-care/patient-satisfaction-surveys-need-better-address-pain-management-fighting-opioid>
- The statistics
 - 72k dead in 2017, ~66% were opioids, 10% increase
 - <https://www.nytimes.com/2018/08/15/health/opioids-overdose-deaths-rising-fentanyl.html>
- The evolution
 - Rx opioids, street Rx opioids, heroin, fentanyl, carfentanil
 - <https://www.whitehouse.gov/ondcp/key-issues/prescription-opioid-misuse/>




The Battle

- Federal
 - e.g. 21st Century Cures Act (2016), SUPPORT Act (2018)
- State
 - e.g. OK's opioid approach effective November 1 (SB1446)
- Societal
 - e.g. ESPN's OTL on NFL addiction
- Workers' Compensation
 - e.g. Treatment guidelines, drug formularies, OMG MSA



Appropriate Uses

- Per the CDC ...
 - <https://www.cdc.gov/drugoverdose/prescribing/guideline.html>
 - “Guideline for Prescribing Opioids for Chronic Pain” fact sheet
 - Opioids are not first-line or routine therapy for chronic pain
 - Establish and measure goals for pain and function
 - Discuss benefits and risks and availability of non-opioid therapies with patient
 - Start low, go slow
 - And many more “clinical reminders”
 - https://www.cdc.gov/drugoverdose/pdf/Guidelines_Factsheet-a.pdf
- Per Mark Pew
 - “Appropriate, Not Zero, Opioids”
 - <https://www.linkedin.com/pulse/appropriate-zero-opioids-mark-rxprofessor-pew/>



The “Good Stuff” ...

Efficacy of pain medications
Acute pain^{26,27,31}

Percent with 50% pain relief




Medication	Percent with 50% pain relief
Ibuprofen 200-mg	37
Acetaminophen 325-mg	28
Ibuprofen 400-mg	40
Oxycodone 15 mg	31
Day 10, worst	37
Ili 200 + acet 200	62

<http://bit.ly/2yKmbQQ>



How to Transition

- How to assess clinical appropriateness
 - Function
 - Benefits > Risks
 - Non-Rx > Non-opioid Rx > Opioid Rx
- Guiding principles
 - Individualized
 - Strategic
 - Methodical
- As drugs decrease ...
 - Resilience / coping must increase



Alternatives

- #BioPsychoSocialSpiritual
 - *Engaged, resilient patient*
 - Appropriate, Not Zero, Opioids
 - NSAIDs, gabapentin (<http://bit.ly/2yKmbQQ>)
 - Physical therapy, chiropractic treatment
 - Acupuncture, dry needling, biofeedback
 - Yoga, Tai Chi, stretching exercises
 - More activity, better sleep, nutritious diet
 - Cognitive Behavioral Therapy (CBT), mindfulness
 - *Individualized self-management*



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#CleanUpTheMess

with

#AllOfTheAbove

using

#BioPsychoSocialSpiritual




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Mark Pew
Senior VP, Product Development & Marketing
Mark.Pew@ThePreferredMedical.com

Blog: [LinkedIn.com/in/markpew](https://www.linkedin.com/in/markpew)
Twitter: @RxProfessor

Who is Mark Pew? <http://bit.ly/2kqnBc0>



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